

**HIV COUNSELING &
TESTING SITE LOCATIONS:**

NEWARK area, call: 201-877-5525

Saint Michael's Medical Center
ask for: Jean Hill

JERSEY CITY area, call: 201-451-2607

Jersey City Medical Center
ask for: Denise Woolfolk

PATERSON area, call: 201-977-2010

Saint Joseph's Hospital
ask for: Pam Boyd

**NEW BRUNSWICK area, call:
201-418-2957**

Robert Wood Johnson Univ. Hospital
ask for: Annette Driller

TRENTON area call: 609-989-3335

Henry J. Austin Health Center
ask for: Dorothy Jones

ATLANTIC CITY area, call: 609-347-5200

Sencit-Baltic Family Practice Center
ask for: Alzeda McNeil

CAMDEN area, call: 609-365-2437

East Camden Health Center
ask for: Sharon O'Leary

**For additional information regarding AIDS
or HIV antibody testing, contact:**

New Jersey State Department of Health
Prevention, Training & Education
AIDS Unit

CN 360

Trenton, New Jersey 08625
609-633-2751

**AIDS HOTLINE
1-800-624-2377**

**HIV Counseling
and
Testing Sites**



FACTS ABOUT AIDS

WHAT IS HIV?

HIV stands for Human Immunodeficiency Virus. It is the virus that can cause AIDS.

WHAT IS HIV ANTIBODY?

When exposed to HIV, the body will produce antibodies (usually within 8-10 weeks). When present in the blood, the antibodies indicate that infection with HIV has occurred.

WHAT IS THE HIV ANTIBODY TEST?

The HIV antibody test is a blood test. The blood is screened in order to see if antibody to HIV is present.

This is *not* a test for AIDS.

The test *does* indicate whether you have been infected with HIV.

WHAT ARE HIV COUNSELING & TESTING SITES?

HIV Counseling & Testing Sites offer the following services free of charge:

- confidential and anonymous HIV antibody testing
- pre and post-test counseling
- AIDS educational hand-outs

Test results, and information obtained at the HIV Counseling and Testing Sites are *not* reportable to state or local governments.

HIV COUNSELING AND TESTING SITES ARE PLACES WHERE YOU CAN GET COUNSELING AND TESTING SERVICES PARTICULARLY IF YOU:

- SHOOT, OR HAVE EVER SHOT, DRUGS AND SHARED YOUR WORKS
- ARE THE SEX PARTNER OF SOMEONE WHO SHOOTS DRUGS
- ARE A MAN WHO HAS HAD SEX WITH MEN
- ARE THE FEMALE SEX PARTNER OF A MAN WHO HAS HAD SEX WITH MEN
- ARE A WOMAN CONSIDERING PREGNANCY, OR ARE ALREADY PREGNANT, AND HAVE HAD SEX WITH SOMEONE AS LISTED ABOVE

REMEMBER

You can help protect yourself, any needle sharing partners, and any sex partners from AIDS if you:

—STOP SHOOTING DRUGS

If you do shoot drugs, **never** share your set with anyone.

Always clean your set before and after each use by soaking it in a mixture of one cup of water and two tablespoons of bleach. Soak for 15 minutes! Then rinse out well with clean water.

—ALWAYS USE A CONDOM WHEN YOU HAVE SEX

Latex condoms should be used, together with a contraceptive jelly or foam. Use only a water-based product!

have some of the symptoms of AIDS, such as swollen glands, fever and weight loss. However, patients with ARC have not been proven to have the opportunistic diseases that would classify them as having AIDS. (Opportunistic diseases are infections caused by organisms that do not usually cause disease in people with normal body defenses.)

What are some of the symptoms of AIDS?

Early signs of AIDS and AIDS-Related Complex (ARC) may be similar to many everyday ailments, such as a cold or the flu. By themselves, they should not be cause for panic. But, if the following symptoms are persistent or severe, they should be investigated by a physician:

- Unexplained swollen glands (lymph glands) that have lasted more than three months, especially if they appear under the chin, along the side or back of the neck or in the armpits;
- Extreme tiredness or susceptibility to fatigue in spite of adequate periods of rest and proper diet;
- Persistent fevers or "night sweats";
- Unexplained weight loss of more than 10 pounds in less than two months;
- The appearance of purplish or discolored sores on the skin or mucous membranes, such as in the mouth, that do not go away;
- Persistent, dry cough not related to smoking, cold, or flu;
- Thrush, which is a thick whitish coating on the tongue or in the throat;
- Easy bruising or unexplained bleeding.

Does everyone who has HIV in his or her system develop AIDS?

No. Patients are considered to have AIDS only when they demonstrate diseases such as Kaposi's sarcoma (KS) or opportunistic infections such as *Pneumocystis carinii* pneumonia (PCP). AIDS is the most severe form of illness

caused by HIV. According to most estimates, only about 30 percent of the people carrying HIV get AIDS—and it's related opportunistic diseases.

- Most people who have HIV infection, but do not have AIDS, show no signs of any disease.
- A smaller group of HIV-infected people are classified as having AIDS-Related Complex (ARC).

Can people infected with HIV and not showing symptoms still transmit the virus to others?

HIV-infected people who do not have symptoms can spread the virus to others through sexual contact and sharing of needles, and HIV-infected mothers can pass the disease to their infants around the time of birth.

Is there a test for AIDS?

At present there is no specific blood test for AIDS. There is, however, a blood test to detect the presence of the antibody to HIV. The presence of the HIV antibody only proves, however, that the person tested has at some point been infected with the virus. The test does not show that an individual has or will get AIDS.

What can be done to avoid getting AIDS?

- Until a vaccine is developed, people can diminish their risk of getting AIDS by:
 - Never sharing needles or syringes, of any kind.
 - Avoiding direct contact with body fluids.
 - Always using a condom during intimate sexual contact.

What is being done to acquaint public school students with AIDS and the ways they can protect themselves from the disease?

In addition to making publications like this one available to schools, the State Department

of Education has developed instructional materials for AIDS education that local school boards can consider for use in their districts. Furthermore, awareness training will be offered to local school districts. The State Department of Health is running seminars and education efforts to acquaint the public with information about the disease and is assisting other groups and agencies in the state with their educational programs.

FACTS ABOUT

AIDS

AND THE PUBLIC SCHOOLS



New Jersey State
Department of Education

New Jersey State
Department of Health

AIDS: Further Information

On medical questions, write or call:

New Jersey Department of Health
AIDS Program
CN 360
Trenton, New Jersey 08625-0369
(609) 633-2751
Northern Regional Office
(201) 266-1910
New Jersey AIDS Hotline 1-800-624-2377

On how medical guidelines relate to the public schools, write or call:

New Jersey State Department of Education
Division of Executive Services
225 W. State Street
CN 500
Trenton, New Jersey 08625-0500
(609) 292-4040

AIDS: The Disease

AIDS, or acquired immune deficiency syndrome, attacks the body's ability to fight other diseases. As a result, people with AIDS are subject to illnesses that normally do not strike healthy people.

A person who has AIDS becomes open to attack by many illnesses, ranging from mild to life-threatening infections. A majority of AIDS patients suffer from one or both of two rare diseases: a type of cancer known as Kaposi's sarcoma and Pneumocystis carinii pneumonia, an infection of the lungs.

AIDS is a fatal disease. About 80 percent of patients confirmed as having AIDS die within three to four years after the illness is identified.

AIDS: The Cause

AIDS is caused by a virus, called HIV, that infects certain white blood cells which control much of the body's ability to eliminate organisms that cause illness.

AIDS: How it Spreads

There is abundant evidence that AIDS is not spread by casual contact with people who have the disease or are carrying the virus. The AIDS virus is spread only by:

- Injection of blood or blood products (usually through use of contaminated needles);
- Sexual intercourse or activity involving the exchange of semen and bodily fluids; and,
- Transference from mother to infant prior to or during birth.

There is no evidence that AIDS is spread by:

- Shared sandwiches, lollipops, sodas, ice-cream, etc.;
- Dishes, utensils or foods handled by a person with AIDS;

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- Doorknobs, clothing or other items handled by persons with AIDS;
- Sneezing, coughing, or spitting;
- Toilet seats, water fountains, or bathtubs;
- Nonsexual physical contact, hugging or kissing;
- Daily contact with a person who has AIDS.

AIDS: Who Gets it

Studies indicate that two main groups are at increased risk for getting AIDS:

- Male and female intravenous (IV) drug users who share needles and syringes.
- Homosexual and bisexual men.

Other groups at risk are:

- Sexual partners of persons at increased risk for AIDS;
- Infants born to parents who are at risk for AIDS;
- People who received infected blood or blood products before current screening tests were developed.

AIDS: Public School Guidelines

POLICY: Since there is no evidence that HIV can be spread from one child to another in the normal school environment, there is no reason to keep HIV-infected children out of school. As a result, the New Jersey State Department of Health, following guidelines developed by the national Centers for Disease Control, has adopted a new rule (N.J.A.C. 8:61-1.1), specifying: All children in kindergarten to 12th grade who have AIDS, AIDS-Related Complex (ARC) or the presence of the HIV antibody (protein in the blood that shows infection has occurred), shall attend school unless the

following exceptional conditions are evident as determined by the pupil's physician and/or medical inspector:

- The student is not toilet-trained or not able to control bowel and/or urinary functions;
- The student cannot control drooling;
- The student is physically aggressive to an unusual degree with a documented history of biting or harming others.

MEDICAL ADVISORY PANEL: The Department of Health has established a Medical Advisory Panel. This panel only reviews cases in which the local school medical inspector (school physician) and the private physician of an AIDS, ARC or HIV-infected child do not agree that the child's behavior meets the exceptional conditions that would exclude the child from school. Between the time the panel takes the case and makes its decision, the child shall be excluded from school and provided with an alternative educational program. If the panel decides that the child's medical and psychological history does not demonstrate the criteria for exclusion from public school, the Commissioner of Education shall direct that the child be admitted to school immediately.

CONFIDENTIALITY: School age children with AIDS, ARC, or antibody to HIV have the right to privacy. New Jersey does not require that either pupils or school staff members with AIDS report their medical conditions to local school districts.

PRECAUTIONS: Whether or not children with AIDS, ARC, or HIV antibody are in attendance, all schools and day care facilities should adopt routine procedures for handling blood and body fluids. Any pupil or adult, with or without HIV infection, shall be removed from school if and when the individual has weeping skin lesions that cannot be covered.

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AIDS: Questions and Answers

How contagious is AIDS?

AIDS is not highly contagious. HIV is fragile and easily killed by heat and by most disinfectants, such as detergents, soaps, and chlorine bleach. It cannot be spread through the air as can the viruses that cause such diseases as chicken pox or measles.

Since HIV has been found in tears and saliva, how can you say it is not highly contagious or spread by these fluids? Small children in school are certainly known to cry and share food.

Although HIV has been identified in very small amounts in saliva and tears, very few patients with AIDS have been shown to have the virus in these body fluids. No family members of AIDS victims have developed the disease, unless they have themselves been involved in the activities known to spread the disease, such as sexual contact and sharing of needles.

How many cases of AIDS have been identified in New Jersey?

By January 1987 over 1,740 AIDS cases had been identified in New Jersey. This makes New Jersey fifth in the United States in AIDS cases reported, behind New York, California, Florida, and Texas. Nationally, there have been over 28,900 cases. As a basis for comparison, New York City has reported over 8,800 AIDS cases. About two-thirds of reported AIDS cases nationwide have been among homosexual and bisexual men. However, in New Jersey, the majority of AIDS cases have occurred among intravenous drug users. Heterosexual cases in N.J. constitute about 7% of AIDS cases.

What is AIDS-Related Complex (ARC)?

ARC patients have been infected by HIV and

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